



STRESS MANAGEMENT

There is no shame in feeling stressed out or overwhelmed. Deadlines and a heavy study load can cause you to over think, feel anxious and have you running in the other direction. Thankfully, there are ways to manage your stress.

THE POWER IS YOURS

Whenever you are so overwhelmed with feelings of stress, it's important to remember – YOU have the power in this situation. By planning ahead and setting up a specific time of day you'll devote to your work, you can tackle your deadlines head on and never have to rush your work at the last minute.

KNOWLEDGE IS POWER

Make it a point to understand what is expected of you from your employers/teachers. Ask smart questions. It's okay not to have all the answers.

FIGHT, FLIGHT OR FLOW

There are 3 choices of reaction for you when you start to feel stressed. Fight, flight or flow. You can fight your way through the situation by putting your best foot forward and giving it your best shot. You can avoid the stress and take flight if you don't think the situation is ideal for you. Or you can flow with the situation and see where it takes you, learning and growing from the experience. The choice is yours!

A HEALTHY LIFESTYLE

Just remember to have fun and breathe. Exercising and eating well can help you feel great and avoid over thinking.

Remember: You are bigger than your problems and capable of more than you think!

Please feel free to make further enquires;

Phone: (03) 9988 2688 or 0430110529

Email: info@soteriaconsulting.com